



# Navy Tobacco Cessation Facilitator Guidelines

## Requirements

- Facilitators must be at least an E-4 or higher rank and must be tobacco free for at least six months to one year.
- Required formal classroom training for new facilitators is a minimum of one day, ideally provided by a multidisciplinary medical training team.
- Only evidence-based and empirically validated programs are to be used for tobacco cessation facilitator training. If questions arise, you should consult with the Navy and Marine Corps Public Health Center's Tobacco Free Living Program Manager for guidance and approval.
- New facilitators agree to provide quality care and should co-facilitate with an experienced tobacco cessation facilitator until appropriate experience is gained (at least one group session). Consultation and supervision should be obtained from appropriate medical staff and/or local tobacco clinical champions on an on-going basis.

## Key Training Areas

- Addiction
- Assessment and treatment strategies
- Behavior change (Stages of Change)
- Counseling, helping, and facilitating skills
- Education regarding tobacco health effects, benefits of quitting, managing distress and moods, quitting processes, eating and weight issues, and other appropriate topics
- Patient follow-up, collecting and reporting of outcome and tobacco program data
- Group process and issues
- Relapse prevention and management
- Pharmacotherapy and medication use
- Professional issues such as boundaries, confidentiality, limits, scope of practice, therapeutic relationships, consultation, and referrals
- Review of and step-by-step group procedures and counseling processes
- Role playing

If you have questions or need additional information, please contact [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-tobaccofree@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-tobaccofree@mail.mil) or call (757) 953-0959.